

**FITNESS COMMITTEE
MINUTES
April 17, 2019
5:00 PM**

The Fitness Committee held a public meeting on April 17, 2019, beginning at 5:28 p.m. at the following location.

Maryland Department of Health
201 West Preston Street, Room 418
Baltimore Maryland 21201

Members Present

Aruna Nathan
Dr. Mychelle Farmer
Cameron Pollock
Joanne Roberts (phone)
Julie Maneen
Namisa Kramer

Members Not Present

Johnel Metcalf
Jennifer Eastmen
Suzanne Stringer

Maryland Department of Health Staff Present

Nacole Smith

Chair, Aruna Nathan, called the meeting to order at 5:28pm.

1. Roll Call/Introductions

- Cameron Pollock – new committee member, Food and Wellness Programs Coordinator for the Department of Aging.
- Julie Maneen – Senior Director for Product Development and Management at CareFirst, oversees wellness promotion programs
- Namisa Kramer – Program Administrator for Minority Outreach Technical Assistance (MOTA) program for the Office of Minority Health and Health Disparities
- Dr. Mychelle Farmer – Pediatrician, active member of the NCD Child and American Pediatric Association
- Joanne Roberts – Health and Wellness Program Manager in Montgomery County Recreations, getting people up and moving with physical activity programs

2. Approve minutes from January 16, 2019 meeting

- Minutes were approved by Dr. Farmer and Julie Maneen

3. Review action plan goals and plan for implementation of activities

- Nacole – the social media request was sent to the Dept. of Communications and was put on hold until the Department can hire an internal person to review internal and external social media accounts. In the mean time we can still submit social media messages to the Department of Communications to have posted on the MDH social media accounts (Twitter and Facebook).
- Aruna – lets submit 10 messages for review. Dr. Farmer will submit 5 messages and Namisa will send 1 message. We should do some phone meetings in between to accelerate this process. If we can agree on some evening meetings, then that would be helpful. Thursdays from 5p – 6p biweekly the committee will meet to talk about the activities that we need to complete. Nacole will set up a standing meeting on our calendars starting April 25th until our next state advisory meeting in July.
- Dr. Farmer – can we send out messages through other channels? Are we able to send out hashtags via other organizations or personal accounts?
 - Nacole – yes, this is acceptable.
 - Aruna – we should get these messages out and follow the state of Maryland and just re-tweet what comes from the state.
- Joanne – will write a summary that will point the public into the direction of the 2018 physical activity guidelines.
- Aruna – is a part of this larger group of women’s physicians in the DC metro area; asked the group what they can do; the group will do a 1-2 hour event that will give a brief overview of how to improve physical health; cardiovascular health, balance, and flexibility will be the focus of the event; will present it in 2-3 community centers; want to reproduce program
 - Namisa – we should come up with a plan/proposal for the program and then submit it to the larger advisory council to approve; once this is approved then we can move forward with the program
 - Julie – who is teaching the program? how long is the program? We should make sure those questions are outlined in the proposal
 - Namisa – we need to come up with a title for this program
 - Joanne – what is the overall goal/objective of this program?
 - Aruna – the objective is to increase physical activity by focusing on 4 types of physical activities and the target is the community
 - Dr. Farmer – I would like to see us roll out with a plan that is not just located in one place; I would love to see a program on the Eastern Shore or in Baltimore City

- Aruna – World Wellness Weekend is in September; this is a global event; gyms or any place that offers recreational activities can open up their doors to the public for free

4. Adjournment

- The meeting was adjourned at 6:10pm